ABSTRACT OF THE DISCLOSURE

A method for activating the endogenous synthesis of Heat Shock Protein (HSP) 32 or a functional peptide fragment of such a protein is presented. The method includes the administration to a subject in need thereof of a composition containing at least one compound chosen from the group consisting of Procyanidol Oligomers (PCOs) and derivatives thereof, caffeic acid esters and derivatives thereof and mixtures of these compounds.